

THE SELF-HEALING
workbook & manifesto



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Introduction

Healing is never linear...

.

I've found it is so complex, full of ups and downs, breakdowns and breakthroughs. It's messy, it's cruel, it's painful, it's heart-breaking BUT it can also be life changing and inspiring. In order to thrive throughout self-care, it requires an emotional healing process that is capable of addressing what you have been through at a deeper level. A healing process you don't have to go through alone, that is why I created this workbook.

Trust the journey

Self-healing refers to the process of recovery, motivated by and directed by YOU. Healing is more about the mind than the body, there's trauma in all of our minds and we've all experienced heart-ache, sadness and anger. Many times we push these feelings deep inside of us instead of acknowledging and then releasing them.

Write down each and every pain, loss or feelings of sadness you've experienced - no matter how big or small.

Don't be surprised if you're feeling overwhelmed. There is great value in writing down an exhaustive list of your pains and losses. By naming them it gives you the opportunity to lighten the weight they hold on your shoulders. This exercise helps:
know yourself and accept your pains.

Soon you will be able to notice those negative thoughts and you'll view these thoughts from a higher level. You'll learn how to be at peace with them instead of unconsciously repeating those thoughts over and over again to yourself, which in turn negatively effects your well-being and healing.

Feeling those feelings

Hoping a situation will change keeps you a distance from your true feelings – sadness, anger, fear. Each of these feelings is best appreciated u close. Feel them deeply, and they will cease to bother you. Hoe they'll go away, and they'll bother you all day

- Gay Hendricks

Acceptance

Affectionate

Alive

Angry

Anxious

Ashamed

Bitter

Burdened

Cautious

Calm

Cheerful

Curious

Defensive

Depressed

Delighted

Embarrassed

Energetic

Envious

Exhausted

Fearful

Furious

Frustrated

Grateful

Happy

Heartbroken

Inspired

Ignored

Inadequate

Jealous

Justified

Lonely

Loved

Let down

Numb

Nervous

Miserable

Optimistic
Powerful
Petrified
Quiet
Raw
Replenished
Sad
Satisfied
Seen
Shame
Spiteful
Squashed

Terrific
Tired
Tired
Traumatised
Thankful
Understood
Uplifted
Uncomfortable
Violated
Vulnerable
Worried
Worthy

When we are asked how we feel or even ask ourselves, too often we don't have a clue. Circle the feelings you have and/or experience.
Be aware of your feelings rather being numb to them.

self-healing

MANTRA

I've survived all of the difficult moments of my past. Being emotional is not a criticism, I am allowed to be sensitive. I am becoming someone who can own their feelings without being ruled by them. I enjoy my life to it's full, I am allowed to live joyfully

self-advocacy

self-advocacy creates the space we need to fully step into our incredible power. It gives us the skills and the idea of transformation; how you can tap into it to enter new planes of self-care

“Self-care is being compassionately present with yourself, self-advocacy is using that compassion to facilitate transformation and healing.”

I am...

Now it's time to express who you really are, to share yourself and be your own self-healing advocate.

When you begin the process of self-healing, you may find there's a loneliness to it or a feeling of selfishness. Yet you must work on yourself to become the best version of you. Self-care is not selfish it's necessary it can be a life-line.

*I invite you to make a pledge of
self-healing*

I, _____ promise to myself

Thank you!

ONWARD TOWARDS COMPASSION

A Compassion-focused approach involves being kinder to yourself and taking control of your mental well-being. It is essential to be compassionate towards not only others but ourselves.

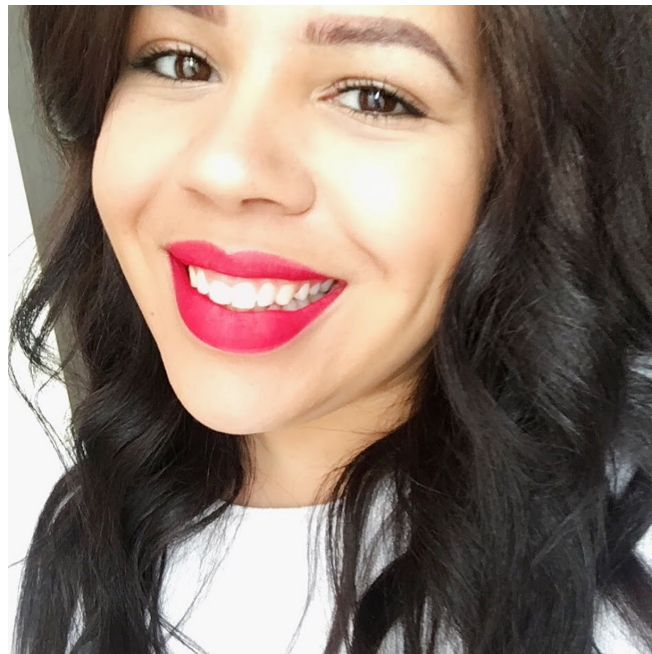
Thank you for joining me through this self-healing journey workbook. If you enjoyed it please let me know.

Nicole

Meet Nicole

Nicole Francesca is a writer, advocate, mama - and keen psychology buff. She is the founder of fromnicole.co.uk and the creator of The compassionate self-healing collective. Her work weaves together effective self-care,

She is determined to create a platform built on cultivating and uplifting, empowering a community. An online space to breathe easy, style your mind and transform your life. You can find her hanging out on Instagram or Twitter.



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